

## KIDS MAKE NUTRITIOUS SNACKS

SINCE THE INTRODUCTION OF UNHEALTHY FOODS SUCH AS FAST FOOD, CHIPS, SODA AND MUCH MORE, THE RATE OF

*MY KIDS CAN MAKE QUITE DELICIOUS SNACKS! JUST ADD SOME FRUIT AND IT'S A GREAT LUNCH SNACK!*

-ONTARIO MOTHER.

OBESE CHILDREN HAS RAPIDLY INCREASED. BUT IF YOU START YOUR CHILDREN ON THE RIGHT TRACK AND TEACH INCREDIBLY GOOD HABITS, PARENTS' HARD WORK ARE SURE TO PAY OFF! IN CANADA, THE PERCENT IS SHOCKINGLY HIGH. 25% OF PEOPLE ARE OBESE, WHICH IS 1 IN 4. SCHOOLS IN CANADA

ARE TRYING TO MAKE AN EFFORT IN HELPING CHILDREN EAT HEALTHIER AND AID THEM IN DEVELOPING HEALTHY HABITS THAT WILL PAY OFF IN THE FUTURE. THE FRUIT AND VEGETABLE PROGRAM BRINGS HEALTHY, BC GROWN FRUITS AND VEGETABLES TO SCHOOLS ONCE A MONTH. BUT WHAT PARENTS ARE WONDERING.. IS THERE ANY WAY TO GET KIDS TO MAKE MORE DELICIOUS AND HEALTHY SNACKS?

